

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1. (currently amended) A method of reducing serum levels of any one or more of the following:

- a) cholesterol;
- b) low density lipoprotein (LDL) cholesterol relative to high density lipoprotein (HDL) cholesterol;
- c) low density lipoprotein (LDL) cholesterol;
- d) very low density lipoprotein (VLDL) cholesterol;
- e) apolipoprotein B; or
- f) triglycerides

in a mammal comprising:

orally administering to said mammal a composition comprising β -casein where the β -casein is comprised of at least 95% β -casein A²,_L

wherein the serum level of any one or more of a) to f) after administration of the composition is lower than the serum level before administration of the composition.

2. (original) A method as claimed in claim 1 where the β -casein is comprised solely of β -casein A².

3. (currently amended) A method for treating any disease or disorder associated with serum total cholesterol levels, low density lipoprotein (LDL) cholesterol levels, apolipoprotein B levels, or triglyceride levels in a mammal, comprising:

orally administering to said mammal a composition comprising β -casein where the β -casein is comprised of at least 95% β -casein A²_L

wherein the serum level of any one or more of the serum total cholesterol levels, the low density lipoprotein (LDL) cholesterol levels, the apolipoprotein B levels, or the triglyceride levels in the mammal after administration of the composition is lower than the serum level before administration of the composition.

4. (previously presented) A method as claimed in claim 3 where the disease or disorder is selected from the group consisting of hypercholesterolemia, hyperlipidemia, and atherosclerosis.

5. (previously presented) A method as claimed in claim 1 where the composition is a food or food product.

6. (original) A method as claimed in claim 5 where the food or food product is milk or a product containing or processed from milk.

7. (previously presented) A method as claimed in claim 1 where the composition is a dietary supplement.

8. (previously presented) A method as claimed in claim 7 wherein the dietary supplement is ingested for optimizing fitness, weight loss, weight gain, muscle building, and/or muscle repair.

9. (previously presented) A method as claimed in claim 1 where the composition is milk containing β -casein where the β -casein is comprised of at least 95% β -casein A².

10. (original) A method as claimed in claim 9 where the β -casein is comprised solely of β -casein A².

11. (previously presented) A method as claimed in claim 1 where the composition has been formed by adding an amount of β -casein A² sufficient to alter serum cholesterol levels and/or serum triglyceride levels in a human.

12. (previously presented) A method as claimed in claim 1 where the β -casein A² is obtained from the milk of bovine cattle or from the milk of yaks, buffalo, sheep or goats.

13-16. (canceled)

17. (currently amended) A method as claimed in claim 1 where the composition is an aqueous solution, a suspension or an emulsion.

18. (currently amended) A method as claimed in claim 1 where the composition is a solid in granular or powder form.

19. (currently amended) A method as claimed in claim 3 where the composition is an aqueous solution, a suspension or an emulsion.

20. (currently amended) A method as claimed in claim 3 where the composition is a solid in granular or powder form.

21. (currently amended) A method of reducing serum levels of any one or more of the following:

a) cholesterol;

b) low density lipoprotein (LDL) cholesterol relative to high density lipoprotein (HDL) cholesterol;

- c) low density lipoprotein (LDL) cholesterol;
- d) very low density lipoprotein (VLDL) cholesterol;
- e) apolipoprotein B; or
- f) triglycerides

in a human comprising:

orally administering to said human a composition comprising β -casein wherein the β -casein is comprised of at least 95% β -casein A², and wherein the composition has been formed by adding an amount of β -casein A² sufficient to alter serum cholesterol levels and/or serum triglyceride levels in the human, wherein the serum level of any one or more of a) to f) after administration of the composition is lower than the serum level before administration of the composition.

22. (previously presented) A method as claimed in claim 21 where the composition is a food or food product.

23. (currently amended) A method as claimed in claim 22 where the food or food product is milk or a product containing milk or a product processed from milk.

24. (previously presented) A method as claimed in claim 21 where the composition is a dietary supplement.